Culinary 1 · Unit 9 Lab · Level 2

Frittata or Omelet Lab



TODAY'S PLAN

- 👥 Jobs
- ⚠️ Safety
- 👩‍🍳 Steps
- ✅ Check
- 🧽 Clean up + reflect

Get ready

Lab Jobs



Head Chef

Reads each step out loud. Checks the card.



Measurer

Gets and measures each ingredient.



Mixer / Cook

Mixes, cooks, and watches the timer.



Clean-Up Captain

Washes, dries, and wipes as we go.

Safety

Be Safe



🧤 Use dry oven mitts. Pans and racks are hot.

🔥 Pan handles turned \1. Stay by the stove.

🥚 Raw egg: wash hands after you crack eggs. Cook eggs all the way.

👩‍🍳 Lab

Steps 1 of 2



1. 🔥 Oven to \1. Grease the small dish.
2. 🥣 Whisk the eggs, milk, salt, and pepper.
3. 🔪 Finely chop the onion and pepper.
4. 🍳 Heat the oil. Cook onion and pepper \1 until soft.

👩‍🍳 Lab

Steps 2 of 2



1. 🌭 Stir in the sausage and bacon.
2. 🥧 Put the veggies and meat in the dish.
3. 🥚 Pour the eggs on top. Sprinkle the cheese.
4. ⏲️ Bake \1 until set. Cool 1 minute. Photo!

🃏 Check 1 of 2



Frittata vs omelet: the frittata is…

Hold up 1, 2, or 3:

1️⃣ Finished in the oven

2️⃣ Folded in half

3️⃣ Boiled

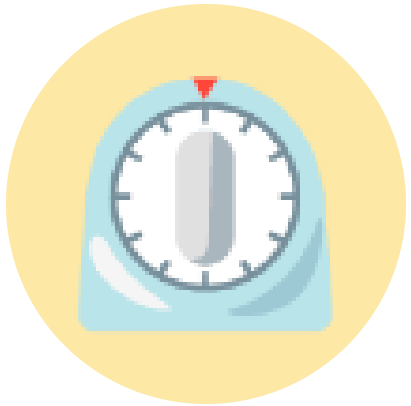
✅ Answer · Card 1 of 2



Finished in the oven

An omelet is folded; a frittata bakes open.

🃏 Check 2 of 2



When is it done?

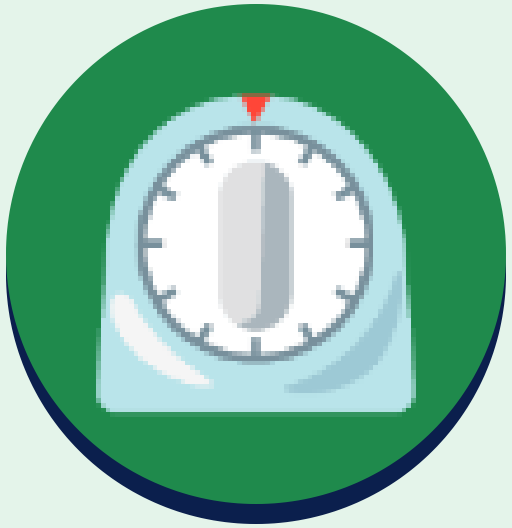
Hold up 1, 2, or 3:

1️⃣ Still liquid in the middle

2️⃣ After 1 minute

3️⃣ Fully set and cheese bubbly

✅ Answer · Card 2 of 2



Fully set and cheese bubbly

8–10 minutes at 375°F.

Wrap-Up

Clean Up + Reflect



- 🧽 Wash, dry, and put away every tool
- 🧻 Wipe counters, sink, and stove
- 📸 Take your 5 lab photos
- 📝 Fill in the lab reflection